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```\vba
Sub EfficientVLookup()
 Dim ws As Worksheet
 Dim lookupRange As Range
 Dim resultRange As Range
 Dim cell As Range
 Dim lookupValue As Variant
 Dim lookupColumn As Integer
 Dim resultColumn As Integer

 ' Set your worksheet
 Set ws = ThisWorkbook.Sheets("Sheet1")

 ' Define the range for VLOOKUP
 Set lookupRange = ws.Range("A2:D100") ' Change as needed
 Set resultRange = ws.Range("E2:E100") ' Change as needed

 ' Specify which columns to use; 1-indexed
 lookupColumn = 1 ' Column where the lookup value is found
 resultColumn = 2 ' Column where you want to extract data from

 ' Loop through each cell in the result range
 For Each cell In resultRange
 lookupValue = cell.Offset(0, -lookupColumn + 1).Value ' Adjust for
relative position
 On Error Resume Next
 cell.Value = Application.WorksheetFunction.VLookup(lookupValue,
lookupRange, resultColumn, False)
 On Error GoTo 0
 Next cell
End Sub
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